



WCOOK

Easy Veggie Bites & Herbed Yoghurt

with Italian-style hard cheese & a chickpea salad

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	370kJ	2619kJ
Energy	89kcal	627kcal
Protein	4.3g	30.2g
Carbs	13g	94g
of which sugars	2.4g	16.9g
Fibre	2.5g	17.7g
Fat	1.6g	11.2g
of which saturated	0.6g	3.9g
Sodium	63mg	445mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & thinly slice</i>
15ml	30ml	Balsamic Vinegar
120g	240g	Chickpeas <i>drain & rinse</i>
100g	200g	Baby Marrow <i>rinse & trim</i>
200g	400g	Potato <i>rinse & peel</i>
25ml	50ml	Flour Mix <i>(15ml [30ml] Self-raising Flour & 10ml [20ml] NOMU One For All Rub)</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Italian-style Hard Cheese <i>peel into ribbons</i>
50ml	100ml	Low Fat Plain Yoghurt
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Egg/s
Paper Towel
Tea Towel

- 1. BALSAMIC ONION** In a bowl, combine a ¼ of the onion, the balsamic vinegar, and seasoning. Set aside in the fridge.
- 2. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.
- 3. FRITTER PREP** Grate the baby marrow and the potato, and place in a clean tea towel. Close up tightly and squeeze out as much liquid as possible. Discard the liquid. Place the drained veggies in a bowl. Add 1 egg, the remaining onion (to taste), the flour mix, and seasoning. Mix until combined. Set aside.
- 4. FAB FRITTERS** Return the pan, wiped down, to medium-high heat with enough oil to cover the base. Carefully drop tablespoon-sized balls of batter into the hot oil and cook until crisp and golden, 4-5 minutes. Remove from the pan and drain on paper towel.
- 5. FRESH SALAD** To the bowl with the onion and the vinegar, add the chickpeas, the salad leaves, and the cheese. Toss to combine and season. In a small bowl, combine the yoghurt and ½ the parsley.
- 6. DINNER IS READY** Plate up the fritters. Side with the chickpea salad and the parsley-yoghurt for dipping the fritters. Garnish with the remaining parsley. Nice one, Chef!